

OWEN WILSON **MUM ABOUT BABY** UNTIL NOW. SON BORN

ON WEEKEND (page 10)

STRUGGLE AND EMERGE BREAKING A LEG GETS A NEW MEANING (page 14)



VENGEANCE JETS TAKE DOWN

PATRIOTS

SPORTS (page 17

OTTAWA ® net

Monday, January 17, 2011 www.metronews.ca



News worth sharing.



Bale knocks out competition

What a waste in Orleans

Raising a stink about reduced garbage services (page 3)

Sens clash with Capitals

Washington rallies to win with two goals in the third {page 17}

Snow creates rry of accidents

• Collisions spike as blanket of snow descends on capital • Fire crews alone responded to 42 calls on Saturday And another eight calls Sunday morning



Collisions across the city kept emergency crews busy over the weekend as Ottawa saw its first heavy snowfall of 2011.

"They were all over the place," said Ottawa Fire Services spokesperson Marc Messier.

Bertha MacLeod, 69, was pronounced dead in hospital after a collision with a pickup truck on Bank Street and Kemp Drive Friday afternoon.

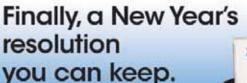
"We had to remove the door to get her out," said Messier, adding that she was in and out of consciousness until paramedics arrived.

"Weather was definitely a factor in the increased number of calls."

MARC MESSIER, OTTAWA FIRE SERVICES SPOKESPERSON

On Saturday, paramedics responded to a call at 10:29 p.m. about a head-on collision at Bank Street north of the town Metcalfe that left three people in serious condition.

Hours later, a multi-vehicle collision wreaked havoc on the Airport Parkway south of Bankfield. Two males, aged 42 and 54, and one female, 23, were hospitalized and remain in serious condition after the minivan in which they were travelling collided with a limousine.









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Street fight lands one in jail, one in hospital

A fight on Somerset Street landed one man in hospital and another in jail Saturday night. Police and paramedics found an unconscious 38-year-old man on the sidewalk with a broken jaw and nose.

He was hospitalized and listed in serious but stable condition.

Brandon Stewart, 22, is charged with aggravated assault, causing a disturbance and two probation breaches. He is scheduled to appear in court this morning. © METRO



Chili cook off raises \$10,000

The Sens Mile Charity Chili Cook Off yesterday raised roughly \$10,000 for the Jack Purcell Park Re-development program. The program will redevelop the Jack Purcell Centre's playground and help build a fully accessible play structure. Top prize in the chili competition went to the Lieutenant's Pump with 10 area restaurants participating.

© METRO



Water main burst set to disrupt traffic A 35-year-old water main burst early Friday morning, destroying a section of the road. Repairs are expected to drag into next week, disrupting traffic on one of Ottawa's main arterial roads. Except for one northbound lane on Woodroffe, traffic is being detoured around the scene. City officials expect the southbound lane to reopen to evening rush hour traffic Wednesday. Bus routes are being re-routed and some stops have been taken out of service. Check www.octranspo.com for updates.

Waste pickup changes stink?

City hopes to divert garbage from landfill and save money
 Public consultations continue until Feb. 1





STEVE COLLINS OTTAWA@MI

OTTAWA@METRONEWS.CA

Cutting garbage pickup and boosting green bin collection is an idea that stinks, say some Orleans residents.

say some Orleans residents.
"Why can't it be every
week? I can't understand
why every year our services
are being reduced and the
taxes keep going up," said

Orleans resident Basant Anand at a city information session at Place D'Orleans vesterday.

Orleans Coun. Bob Monette, one of several east-end councillors in attendance, said most constituents he'd heard from were against the idea.

"In my community, the ones that have contacted me, and there's a good amount, I'd say close to 70 per cent of the people are saying no, leave the weekly pickup the way it is," he

City spokesperson Jocelyne Turner said no decisions have been made, and these sessions are aimed at canvassing opinions about waste services.

Change

Changes being considered when the waste collection contract expires next year:

Biweekly instead of weekly garbage pickup.

2 Weekly collection of all recycling.

News in brief

3 face several charges

BAR. Two men and a woman face numerous charges, including assault, resisting arrest and causing a disturbance, after allegedly fighting with staff and police at a bar on York Street just after 2 a.m. yes terday. Justin Clermont, 20, Vanessa Wilson, 26 and Youssef Sleiman, 27

have been charged in the altercation.

Needle used in robbery

THREAT. An Ottawa man is accused of threatening two people with a hypodermic needle during a robbery.

Gregory Brown, 38, is to appear in court today, charged with robbery, possession of a weapon, attempted theft and breach of probation. THE CANADIAN PRESS





News on the move

- Download the free ScanLife application with your smartphone at 2dscan com
- 2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro
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On the web at metronews.ca



Vancouver Whitecaps GM tells It's Called Football about their choice to make Omar Salgado their first overall pick. More at metronews.ca/



Twitter



Protesters rally outside of South March Highlands

Mireille Lapointe fears it will only be a matter of days before construction workers tear down the South March Highlands to build a new Urbandale subdivision.

The member of the Ardoch Algonquin community said wiping out the ecologically sensitive forest, which is home to hundreds of species, is a "tragic mistake." She braved the -25 C

wind chill yesterday with nearly 70 First Nations and non-native protesters at Beaver Pond to send another strong message to city councillors and developers. "We can do low-rise apartments," said Kanata resident, Delia Coates.

"We don't need to keep sprawling and use up all this space."

O JOE LOFARO



News in brief



3 women die in club stampede

HUNGARY. Police say three young women have died in a stampede at a Hungarian nightclub.

Budapest police spokeswoman Katalin Fanni Horvath says thousands of people were caught up in the stampede at the West-Balkan nightclub and the victims may have been trampled by the rushing crowd.

Police have opened an investigation into the organizers and, along with medical investigators, are working to determine the cause of the deaths.

THE ASSOCIATED PRESS

Death penalty for Egyptian man

TENSIONS. An Egyptian court yesterday convicted and sentenced to death a Muslim man for killing six Christians and a Muslim guard last year — the latest in a series of moves by authorities seeking to calm religious tensions following a massive suicide bombing outside a church two weeks ago.

The violence has raised fears of a potentially explosive Muslim-Christian divide in this key U.S. ally.
THE ASSOCIATED PRESS

Group: Iran on 'execution binge'

TEHRAN. Iranian authorities have unleashed an "execution binge" with an average rate of one person hanged every eight hours since the beginning of the year. A statement by the International Campaign for Human Rights in Iran said at least 47 prisoners have been hanged since Jan. 1.

THE ASSOCIATED PRESS

The great Canadian church fire sale

● 170-year-old Anglican church in Nova Scotia sold for a dollar ● Congregation had shrank to under 10 people

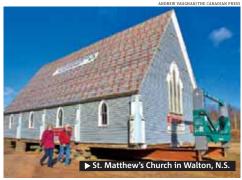
Stewart Creaser likely couldn't imagine the journey he would set out on when he decided to save a small wooden church in Nova Scotia from the wrecking ball.

wrecking ball.

More than a year ago, the owner of a vineyard in a bucolic nook of the province put word out that he was looking for a building to house a new wine shop.

Soon after, his phone started ringing with people offering up buildings of every type if they could be hauled away. Otherwise, some would face demolition.

What struck Creaser was that many were old, solid churches that had once been the centre of their communities, but were now home to only a



handful of congregants who couldn't afford the hefty maintenance bills.

"We've had people from all over the province telling us about buildings that are available — most of them churches," he said from his home in AvonIt's a situation that's been playing out across the country for years, but is becoming more pronounced in Atlantic Canada as people move out of rural areas and take with them the vital financial support that keeps churches afloat. THE CANADIAN PRESS

But the game's on

Declining rural populations, sex abuse scandals involving the church, native residential school settlements and hockey on Sundays are believed to be turning people away from regular services.

- Officials with the oldest Baptist church in Saint John, N.B., announced last week that it would close its doors because of a dwindling congregation.
- The Roman Catholic
 Diocese of London, Ont.,
 offered to sell three
 churches for \$1 apiece in
 2008 after repair bills were
 estimated to be close to \$3
 million.
- ➤ A Catholic diocese in Cape Breton is selling properties to raise money for a sex abuse settlement.

Feeling doubts about your schooling? You're not alone

It's the countdown toward the end of first year for tens of thousands of Canadian university and college students, and statistics show one in seven is contemplating dropping out before graduation.

Some are too broke to continue. Others feel they've picked the wrong program. Still more are buckling under the strain to keep up with the course load.

Marie Waine, 18, of

Markham, Ont., has an appointment today with student services as she tries to decide if she should jump ship.

Halfway through her first year of journalism school at Ottawa's Carleton University, Waine says the program isn't what she thought it would be.

"I'm kinda mulling it over," said Waine. "I'm trying to keep an open mind about it because I don't "I didn't really have the maturity to understand why I needed the foresight of why I was in school."

BELINDA SAYEAU, FORMER STUDENT

want to make any fast or hasty decisions."

Tanya Lewis, director of academic success and accessibility services at the University of Toronto, said life on campus can be a big adjustment for many students.

"It's very hard at 17 to

realize what those programs mean and what it means to study within an academic discipline and whether you're actually going to like it or not,"

Lewis said.

"Going to university is often the first time young people step out on their

own and there's that kind of rush and thrill of independence that makes it really difficult for students to ask for help."

Some students have a tendency to say "it's just not for me" rather than ask for direction.

A pending report by three Ontario colleges will provide a blueprint for post-secondary officials on how to identify potential dropouts and keep them in class. THE CANADIAN PRESS





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ery Portal is an ambitious new search engine that combs through more than 60 million pages of information from archives across the country. From old postcards to sheet music, the portal, at

beta.canadiana.ca, gives access to 14 institutional collections in both French and English.

Unlike traditional academic search engines, this one has been designed for ease of use.

"It's more Google-like," said Ron Walker, executive director of Canadiana.org, the organization that is spearheading the portal initiative.

"We think by making interesting content accessible it will generate more interest from the public.

THE CANADIAN PRESS

Vote likely to split

Preliminary results yesterday of Southern Sudan's weeklong independence referendum suggested a huge vote for secession. The vote could split Africa's largest country in two at the divide between Sudan's Muslim north and Christian and animist south

THE ASSOCIATED PRESS

Club Fed, Russianstvle

Russia's notorious Butyrskaya prison will soon offer inmates a new perk: Tanning beds. The tanning beds are meant to compensate for inadequate sunlight in the cells, said Viktor Dezhurov of the federal prisons service. Inmates will have to pay 10 rubles (33 cents) a minute. THE ASSOCIATED PRESS

Gunfights rock Tunis after president flees



Some calm returned as stores reopen Den Ali's family targeted

Tunisian authorities struggled to restore order in Tunis yesterday, arresting the head of the presidential guard and trying to stop the looting, arson and gunfights that have erupted across the capital since autocratic former president Zine El Abidine Ben Ali fled to Saudi Arabia on Friday.

Tensions appeared to be mounting between Tunisians buoyant over Ben Ali's departure and his loyalists, who stand to lose major perks.

More than 50 people were arrested yesterday on suspicion of using ambulances, rental cars and civil protection vehicles for drive-by shootings, a police official said. Prime Minister Mohammed Ghannouchi is working to form a national unity government.

THE ASSOCIATED PRESS

Night in Tunisia

- Dozens of people have died in a month of clashes between police and protesters angry about the repression and corruption of Ben Ali's rule - unrest that ultimately marked the end of his 23-year regime.
- Businesses owned by Ben Ali's family were major targets of looters. The family of the expresident's wife, Leila Trabelsi, has financial interests from banking to car dealerships. A branch of the Zeitouna bank in Tunis founded by Ben Ali's son-in-law was torched, as were vehicles made by Kia, Fiat and Porsche brands distributed in Tunisia by members of the ruling family.





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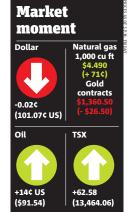
Interest rate notice may give loonie a lift

▶ Bank of Canada wants to resume rate hikes as soon as possible ▶ Well below the rate of inflation

The Canadian dollar could find lift from the Bank of Canada's announcement on interest rates tomorrow while stock markets will take their cue this week from corporate America and fourth-quarter earnings.

There is little doubt that the Bank of Canada will continue to keep its key interest rate unchanged at one per cent. But the currency, which has been slightly above parity all during January, could find increased buying interest depending on what the central bank says about economic conditions and raising rates during 2011.

"Beyond the January



meeting, there is a ton of debate. I've never actually seen anything quite like the spectrum of forecasts we have at this point," said Doug Porter, deputy chief economist at BMO Capital Markets.

The central bank raised rates early in 2009, but quit after three consecutive quarter-point hikes as the Canadian economy started to weaken late in the summer. It is also ahead of the U.S. Federal Reserve, which has no plans to raise rates from near zero this year.

It also finds itself in the strange position of having its key rate well below the rate of inflation, which in November stood at an annualized rate of two per cent.

THE CANADIAN PRESS



Target takes aim at naming rights

U.S. discount retailer Target might have to choose between using a different name in Canada, buying the Canadian rights to the Target trademark, or face a lawsuit, depending on what happens in a fight over ownership of naming rights. Fairweather Ltd., which is owned by discount menswear chain International Clothiers, has owned the Target Apparel name in Canada for 10 years.

Diamond mine project back on

A new diamond mine in Canada's North is again in front of regulators.

Diamond miner De Beers recently filed a mammoth environmental assessment for its long-awaited \$600-million Gahcho Kue project. THE CANADIAN PRESS



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News worth sharing.

TALKING TRASH ON THE CITY'S STREETS



If the biggest problem we have in Ottawa is whether garbage pickup should be weekly or biweekly, or whether paper and plastic should be collected in one recycling bin instead of two, I think we can safely declare ourselves an urban paradise.

nd yet, a distinct crankiness infuses conversations about what to do with our garbage, as we've seen during the current city consultations on the matter. This is among the least glamorous of issues, and if you don't recall candidates unpacking their bold visions for waste management during the

election campaign, you're not

Our resentment of having to revisit the issue probably begins

in our resentment of the household chore itself. Nobody likes to deal with garbage, either weekly, biweekly or over the course of questionably negotiated 20-year contracts. We just want the crap to go away.

Every time the subject comes up, we get a little defensive,

anticipating yet another lecture about our bad, unsustainable habits. We also suspect the city will download more of the work onto us, while also adding or increasing fees, as with our green bin program, which is off to a less-than-auspicious start.

So, when the city suggests

"Nobody likes

to deal with

garbage, either

weekly, biweekly

or over the course

of questionably

negotiated

20-year

contracts."

boosting green bin use by collecting its contents every week and regular garbage every second week, alarm bells go off.

The stakes will be higher. Miss garbage day and you end up stuck with your trash for a month, a pungent prospect in summer and a

in summer and a smorgasbord for neighbourhood critters

But most of the stuff that rots and stinks could be composted. That's the point, in fact. Take recyclables and organics out of the trash and there isn't much left. We could halve what we send to landfill. The city guesses we could save \$5 million on garbage pickup by going biweekly.

One big exception is diapers, and I can understand the reluctance of new parents to amass nasty two-week stockpiles of these. We don't currently compost them, but we could, as other cities do.

The alternative is our default, stupid non-solution of packing it all off to the landfill. That's not waste management, it's waste relocation. We have an estimated 10 to 40 more years' worth of space at the Trail Road dump, depending on how fast we stack up our trash.

We may not want to talk

We may not want to talk about it, but this is everybody's problem, and it's a big one.

Cartoon

ICHAEL DE ADDER

Work is meant for work

POPE JOHN PAUL II ON THE FAST TRACK TO SAINTHOOD:



Letters & Tweets

We asked: What do you do when your boss is out of the office?

@Ren_Thompson: I actually
get my work done;)

TORONTO. I work. That's what I'm paid to do. No matter who's in the office, and I'm thankful I have a job. DAVID HEWITT

We asked: Which one of your habits do you wish you could break?

@DeeDeeNewell: wish I could be more patient

@dallas_price: biting my fingernails, counting steps as I walk up them, eating





chocolate so much and drinking tea everyday.

We asked: What is your favourite time of the day?

TORONTO. I would have to say that the best time of day for me is when I leave my work. There is nothing better than knowing I am heading home to spend time with my boyfriend,

calling my mom and dad or chatting via email with my friends. Work is work and no matter how much pressure you get to work long hours (I so know this), nothing feels better than saying, "No, I need to spend time with my loved ones!" Like I said, best time of the day is with people I love!

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Distribution: bernie.horton@metronews.ca
Publisher Bill McDonald, Managing Editor Tracey Tong,
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m at Café Nostalgica

Shake off the cold and warm up to local writers tonight at the University of Ottawa's Café Nostalgica (603 Cumberland St.), as the monthly blUe mOndays reading series continues. This series showcases members of the Ottawa literary community, with a special emphasis on those associated with the University of Ottawa. Each event brings a

new featured reader and a featured musician. This month, the evening begins at 8:30 with featured reader rob mclennan. After the reading, stick around for the open mic portion of the evening, featuring live music by Marie-Josee Houle. For more details, contact Sean Moreland at essinemic@hotmail.com.

METRO





News in brief



The Social Network keeps making friends, winning the Critics' Choice award for best picture and three other prizes.

But Inception led all films Friday night with six awards total, all in technical categories.

Best actor went to Colin Firth for his portrayal of King George VI, who overcame a stammer with the help of an unconventional speech therapist, in The King's Speech, while Natalie Portman won best actress for playing a ballerina who descends into madness in Black Swan.

The Social
Network, which
chronicles the origin
of Facebook, also
won for David Fincher's direction, Aaron
Sorkin's adapted
screenplay and the
score from Trent
Reznor and Atticus
Ross.

The boxing drama
The Fighter won in
three categories: Supporting actor Christian Bale, supporting
actress Melissa Leo
and best ensemble.
THE ASSOCIATED PRESS



▶ Hollywood elite get together to celebrate the best in movies and television
 ▶ The Golden Globes hand out some hardware that could give a boost to some Oscar hopefuls
 ▶ Host Ricky Gervais keeps everyone on their toes with his quick, biting humour

Hollywood gets Golden

Some people really know how to throw a party. Each year the Holly-

Each year the Holly-wood Foreign Press Association brings the top stars from TV and film to a booze-soaked, black-tie dinner, invites them to catch up with colleagues as they collect accolades for their work, then puts the whole thing on TV as the Golden Globe Awards.

Last night's 68th annual ceremony unfolded at the Beverly Hilton Hotel's International Ballroom, where hundreds of stars, from Jane Fonda to Justin Bieber, took part in one of Hollywood's hottest parties of the year.

Christian Bale took home the first big award of the night, winning the supporting actor Golden Globe for his role as a former boxer whose career "It's going to be a night of partying and heavy drinking. Or as Charlie Sheen calls it — breakfast."

HOST RICKY GERVAIS IN HIS OPENING MONOLOGUE

unravelled amid drugs and crime in The Fighter. The win boosts the Academy Awards prospects for Bale, the star of Hollywood's current Batman franchise, who is favoured to win supporting actor at the Feb. 27 Oscars.

Bale seems to be on the same awards track as his Batman co-star, the late Heath Ledger, was two years ago, when Ledger won supporting actor at the Globes for The Dark Knight on the way to earning a posthumous Oscar.

Annette Bening earned the Golden Globe for best actress in a musical or comedy, setting her up for her latest showdown at the Academy Awards, where she has never won.

Katey Sagal and Steve Buscemi both won their first Golden Globes for top actors in television dramas, with Buscemi's Prohibition-era Boardwalk Empire on HBO also honoured as TV's best drama.

"I hope we do it for years and years and years," said Buscemi.

Boardwalk Empire won on its first year on the air, beating Mad Men, which had won the last three top drama awards.

THE ASSOCIATED PRESS









Sex, drugs and teenagers

Controversial U.K. series gets North American makeover



The location is different, the actors are new, some characters have changed and storylines will diverge, but one thing that persists in the American version of the British hit Skins is a frank depiction of sex, drugs and teenagers, says creator Bryan Elsley.

The man behind one of the U.K.'s most controversial TV series says the edgy fare that drew outrage and fans abroad is maintained for a North American makeover that debuts today.

He explains that teen life is pretty much the same on both sides of the pond.

"I don't know how America will react to the

Hitting Skins

In Canada, the 10-part drama airs on The Movie Network and Movie Central.

stories in Skins," Elsley says in a recent interview from the Toronto set.

"What I do know is that the show reflects some of the highs and lows of being a teenager today. That does involve drug use, of course it does. On Skins, we don't really think the show is about drug—we think the show is about friendship and we think that all the characters in the show are very moral people. It's just that their morals are maybe not

quite the same as adults."

Days before its debut, Skins had already drawn the ire of a U.S. parents group angry it was being marketed to a teenage audience. The Canada-U.K. co-production was developed in association with MTV U.S., where it airs south of the border.

As in the original, Skins centres on nine teenage friends. And as in the original Skins, the stories here are shaped by an advisory panel of teens who peruse the scripts and offer trueto-life tips on the proper slang or a character's bedroom decor.

Music supervisor Matt Feldman is just 18. THE CANADIAN PRESS

'Domestic' life for Denton



METRO WORLD NEWS

In seven seasons, Desperate Housewives has gone from red hot media phenomena to just another successful TV show. All of which is OK with series regular James Denton.

"We're flying a bit under the radar now, which is fine with me," says Denton, who plays Mike Delfino on the series.

"I get recognized more often on the street these days because we've been on so long. But there's no longer that crazy, 'Oh my God!' screaming anymore."

Denton says the show's instant success in 2004 proved especially hard on the leading ladies in the



cast.

"We were so hot. It was crazy. We went to London to do some press and it was like we were The Beatles. We couldn't go anywhere." Not that the series has

Not that the series has exactly faded away. It's still a solid hit that likely won't see its demise till it's good and ready.

"We're very lucky. We're not worried about whether the show is going to be cancelled all the time. We'll be on as long as (series creator) Marc Cherry wants us to be on."

Denton notes his own character has undergone quite a change over the seasons — transforming from sexy mystery hunk to a more reliable suburbanite. "First season, it was all

"First season, it was all like — is he a bad guy? Is he a cop? Now it's not nearly as sexy. He's more domestic."

Denton laughs that he's just happy to still be on the show — noting Desperate Housewives' penchant for doing away with its characters.

"We kept a list of all the characters that were killed off and I think it's at 36 or 37 now," he says.

Desperate Housewives airs Sundays on CTV.

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7 iBooks

Beals/Sales in store

9 Car

10 Gym membership

To see more Top 10's of 2010, visit metronews.ca/top10

SOURCE: Metro Life Panel Survey, January 2011, 216 respondents



Surprise! It's a Little **Taylor singing the blues**

• Actor had kept pregnancy and relationship with girlfriend out of spotlight until recently

Owen Wilson is a dad. The actor and his girlfriend, Jade Duell, welcomed their first child, a boy, in Hawaii over the weekend, according to Us Weekly.

The Little Fockers star had kept both the pregnancy and his one-year relationship with Duell under wraps until a week ago. "Owen has had many girlfriends under the radar who no one knew about,' a source says.

"He may have dated high-profile women like actress Kate Hudson and musician Sheryl Crow, but that is not the norm for him. He likes regular people."
metro



over Take?

When Jake Gyllenhaal broke up with Taylor Swift, he reportedly did so over the phone, according to Us Weekly.

"Taylor is really upset and hurt," a source says.

"She doesn't know what she did for him to just put a stop to it. She feels

really burned by him."

The phone call in question is said to have come right before the People's Choice Awards. She was not her usual bubbly, over-animated self," the source says of Swift at the event. "She didn't eat anything, seemed very sad and definitely wasn't having a good

Celebrity tweets



Eva Longoria [Aevalon goria] Just so everyone

knows i still have all my tattoos! Nothing is being removed, although i am always up for more tattoos!



Jessica Alba [@jessica alba] Every time I fall

asleep watching "I Survived" I think "why the heck do I subject myself to this?!?" -I'm addicted. It's a





Steve Martin [@Steve MartinTo Go] According to the

new Zodiac sign dates, I am now a Kitten.

Reynolds' new role

While Sandra Bullock and Ryan Reynolds may be dodging romance rumours, Reynolds has reportedly been bonding with Bul-lock's adopted Louis.

accord-

ing to

"Sandra loves the idea of Louis having a good male role model in his life," a source says.

"Ryan loves children

and has always wanted to be a dad. He would have loved to have had a baby with Scarlett [Johansson], but work always came

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Do your furry friends have a sixth sense?

• 72 per cent of American dog owners say their pets can feel bad weather, and 47 per cent claim their pets have alerted them of bad news • Scientists don't have answers

Lassie could always sense when Timmy was in trouble. Black Beauty knew the bridge was out.

Now two-thirds American pet owners say they can relate, saying their pets have a sixth sense about bad weather, and 47 per cent say the same about bad news, according to an Associated Press-Petside.com poll.

Seventy-two per cent of dog owners said they've weather warnings from their pets, compared with 66 per cent of cat

For bad news, 47 per

Pets online

Check out more info about animals and their sixth sense on the web.

- petside.com/sixthsense aspca.org
- petsaretalking.com

cent of dog owners and 41 per cent of cat owners said they've been alerted by their pets, according to the poll conducted by GfK Roper Public Affairs and Corporate Communications.

If a friend or relative comes to the door, Lady, a four-year-old golden re-triever mix, doesn't even bother to get up, said Stacey Jones, 50, of Stone Mountain, Ga. But if it's a stranger, she goes on minor alert, she said.

Lady's sixth-sense tendencies are very subtle, said the Atlanta university writer and editor.

But 18 years ago, when Jones was ordered to bed toward the end of her pregnancy, her dog Silver "planted herself next to me and would not leave. She knew something was going on with the baby and it was her job to take care of the baby.

The reason? It's actually hard to know.

"A sixth sense is something we can't explain but we tend to trust. It's a mat-ter of belief and faith," said psychologist Stephanie La-Farge, the senior director of counselling services for the American Society for the Prevention of Cruelty to Animals.

Scientists have suggested animals sense bad because weather in barometric changes pressure or other factors,

LaFarge said, and dogs anticipate seizures, low blood sugar or other medical problems because of hormonal changes.

But they haven't figured out what alerts pets to earthquakes, bad news or other such events — or if it's all just in the eyes of their owners.

Kay Moore, 64, of Loma Linda, Calif., said she gets quake warnings from her dogs, Brie, a yellow Lab and great dane mix, and Lola, a 22-kilo basset hound. "They get very, very hyper," Moore said. THE ASSOCIATED PRESS

life





Luck is clear theme when it to those born under the Chinese Zodiac sign of the rabbit, says Elizabeth Vander-Ven, a specialist on Chinese and east-ern Asian culture.

This could be especially true this year because the 2011 rabbit year corresponds with the element of metsymbolizing great wealth.

This we can make easy sense of: Johnny Depp is a rabbit. Same with Angelina Jolie and Brad Pitt.

THE ASSOCIATED PRESS





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Stir-frying offers taste & health benefits

This Chinese technique calls for less oil, more veggies

This year, how about a Chinese New Year's resolution more stir-frying.

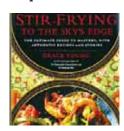
Grace Young, author of Stir-Frying to the Sky's Edge, says this Chinese technique, which involves cooking food quickly over heat in amounts of oil, is healthy because it calls for small amounts of meat and fat, but plenty of vegetables.

First, get a good wok or large skillet. Young recommends either a flat-bottom carbon steel wok or stainless-steel wok or skillet.

Next, be sure to heat the pan first, then add the oil, then food. Adding oil to a cold wok and then heating it will cause foods to stick.

In terms of oil, Young says it's important to choose one with a high smoke point, such as peanut or grapeseed.

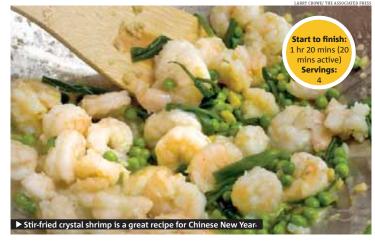
This recipe for stir-fried crystal shrimp from Young's book is a tasty way to celebrate Chinese New Year. The shrimp are considered to represent happiness and laughter.



Preparation:

In a strainer, rinse shrimp. Sprinkle 5 ml (1 tsp) of salt over shrimp, then stir shrimp in a vigorous circular motion for about 1 minute.

- Rinse shrimp under cold water, shake out excess water. Sprinkle another 5 ml (1 tsp) of salt over shrimp and repeat stirring and rinsing process. Set on paper towels. With more paper towels, pat dry.
- In a bowl, combine shrimp, egg white and 15 ml (1 tbsp) cornstarch. Stir until cornstarch is dissolved and no clumps are visible. Put shrimp mixture uncovered in the refrigerator for 1 hour.

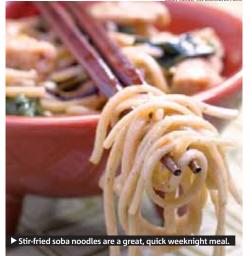


Ingredients:

- 500 g (1 lb) large raw shrimp, peeled and deveined
- 11 ml (2 1/4 tsp) salt, divid-
- 30 ml (2 tbsp) egg white, lightly beaten (about 1/2 egg white)
- 15 ml (1 tbsp) plus 2 ml (1/2 tsp) cornstarch, divided • 30 ml (2 tbsp) peanut or
- vegetable oil, divided • 75 ml (1/3 cup) chicken broth
- 15 ml (1 tbsp) Shaoxing rice wine or dry sherry
- 0.5 (1/8 tsp) ground white
- 3 slices ginger, smashed
- · 3 scallions, halved lengthwise and cut into 5-cm (2inch) sections
- 125 ml (1/2 cup) frozen peas, thawed
- In a saucepan over high heat, bring 1.5 l (6 cups) water to a boil. Add 15 ml (1 tbsp) of the oil to the boiling water. Reduce heat to low.
 - When water is barely simmering, add shrimp, gently stirring. Cook until shrimp just turn pink.
- Carefully drain shrimp, shaking strainer to remove excess water.
- In a small bowl, combine broth, rice wine, remaining 2 ml (1/2 tsp) cornstarch and pepper. Set aside.
- Heat a flat-bottomed wok or skillet over high until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl in remaining 15 ml (1 tbsp) oil; add ginger and scallions. Stir-fry for 10 sec-

onds or until ainger and scallions are fragrant.

Add shrimp and peas, sprinkle on remaining salt. Stir broth mixture to recombine, then swirl it into wok. Stir-fry until shrimp are just cooked (2 minutes) and sauce just clings to shrimp. THE ASSOCIATED PRESS



An alternative to takeout

This simple and versatile soba noodle stir-fry is for those nights when your cravings for Asian food aren't strong enough to get you out the door.

Soba noodles are made from buckwheat, and, in addition to having a mild flavour that works well with many ingredients, they also cook in just three to four minutes, making them a weeknight dinner dream ingredient.

They can be served hot or cold with a dressing.

Combined with a quick saute of pork, spinach and mushrooms, these noodles

make a satisfying dinner. You also could substi-

tute chicken or beef for the pork, or use tofu for a vegetarian version.

Preparation:

- Bring saucepan of salted water to a boil. Add soha noodles and cook according to package directions. Drain and set
- In a large, deep skillet or wok over medium-high, heat oil until shimmering. Add pork and saute until cooked through

and lightly browned, 4 to 5 minutes. Add mushrooms and garlic and saute until mushrooms are tender, another 4 to 5 minutes.

Add spinach and scallions. Cook until the spinach is wilted (1 or 2 minutes). Stir in sov sauce, chili paste, sesame oil, rice wine and cooked soba noodles. Cook for another minute or until noodles are hot. Serve sprinkled with sesame

THE ASSOCIATED PRESS

Ingredients:

- 1 pkg dried soba noodles
- 30 ml (2 tbsp) oil • 500 g (1 lb) boneless pork chops or cutlets cut into
- 400 g (7 oz) shiitake mushrooms, stemmed and sliced
- 2 cloves garlic, minced • 140 g (5 oz) baby spinach
- 1 bunch scallions, sliced
- 30 ml (2 tbsp) soy sauce
- 10 ml (2 tsp) chili paste
- 15 ml (1 tbsp) toasted sesame oil
- 15 ml (1 tbsp) rice wine
- 15 ml (1 tbsp) toasted sesame seeds, for garnish

because the little black dress is little.

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Students rake in green

Young workers go green in paid environmental internship program

Wherever Britt Aberle ends up working in the future, chances are it won't be for a company that values dollars over environmental sense or human need.

'I think the work that I do in life should contribute to the world in some way," says the 24-year-old Calgarian, who holds a bachelor's degree in social work. "I don't really see myself working

Statistics

It hasn't been announced yet if the program will continue beyond this year.

- How many? More than 1.000 interns have taken part in the programs
- How much? It has cost about \$20.5 million to de-

anywhere corporate or that doesn't have an environmental, social justice or community focus.

Since December, Aberle has been interning at a bike shop in downtown Calgary as part of a national program that places post-secondary grads in jobs that are environmentally or community mind-

The Youth Eco Internships started in September 2009 as an opportunity for young people aged 15 to 30 to work within the nonprofit and community services sector.

Last September, a second program was launched for post-secondary graduates up to 30 years old and expanded to include the private sector. The internships have given a number of youth a foot in the door. At the Montreal Urban Ecology Centre,



intern Judy Murphy has just wrapped up an intensive project: translating a 5,000-word report from French into English.

Established in 1996, the non-profit, independent centre is focused on creating sustainable urban development through a variety of projects, including promoting active trans-

Murphy was searching for job opportunities after receiving a certificate in translation from McGill University when an acquaintance mentioned the internship program.

The 24-year-old, who calls her experience at the centre a "one in a million opportunity," jumped at the chance to work in her field while learning about something that affects her

everyday life.

"To have opportunities like this is essential to encourage that kind of thought," she says. "We need to be thinking about what's happening to our environment

THE CANADIAN PRESS



Are there listings of apartments, houses or even neighbourhoods in the Vancouver area that are particularly efficient and innovative in green ways? Sarah of Vancouver

m not familiar with a database designed specifically for renters - or buyers for that matter — to locate green homes in a given Canadian city.

However, Leadership in Energy and Environmen-

Design (LEED) certified apartment buildings



The Canadian Green **Building Council** maintains a searchable list of projects currently registered on its website

at cagbc.org. You can search by city and province or by project type, such as lowrise, high-rise, bank, daycare and more.

Keep in mind this will only tell you the name and location of the building and nothing about rental suites available.

While searching for that apartment of your dreams, ask the landlord a few questions to find out how green the building is.

For example:

- Is the suite painted with no- or low-VOC paints?
- Can you compost your food waste?

• Is there a programmable thermostat?

 Are the appliances Energy Star?
Of course, living in a

neighbourhood where you can work and play is the key to lowering your environmental footprint (and staying active and saving money).

Using a street address, you can identify how a residence is ranked among the best or worst in terms of walkability.

Visit walkscore.com, enter the street address and see what an area offers in terms of public transportation, libraries, community centres, grocery stores and movie the-



VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 8 weeks with possible continuation of up to 16 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-70 of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed		
I am having difficulty sleeping		
I am feeling low in energy and slowed down		
My appetite has changed		
I am experiencing feelings of guilt		
I have lost interest in work and pleasurable activities		
I feel hopeless about the future		
I feel tense and anxious		
I am having difficulty making decisions		
I am having trouble concentrating		



Ottawa Psychopharmacology Clinic Smyth Medical Centre

If you have answered YES to fi ve or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confi dential

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All Information is kept in strictest confidence. Research programs are reviewed by an ethics review board.



was suicidal for three years." Jeff Collins is very honest when he talks about the motorcycle accident that caused the amputation of his leg and left his other limbs severely damaged. But he credits a strong circle of friends and his own determination for pulling him through the dark moments of his re-

Covery.

Unable to find a proper fitting prosthetic, Jeff went to school to learn how he could make them. While working on a plan to start his own business his beloved dog Stash injured her leg. Surgery was too expensive. Jeff was heartbroken until he realized that

PUPS GIVE A LEG UP ON LIFE

he could use the human techniques he had learned and make his dog a knee brace. Stash got better and Collins' technology is now used around the world from Australia to Europe.

Today, Jeff Collins celebrates the day that changed his life because it marked a turning point for him and the ground breaking technology he pioneered. It's his patients that give him the most joy. "They look up at me with eyes of gratitude and wagging tails. I'm so happy I can help these animals."

Animal instinct

- K-9 Orthotics and Prosthetics patients include dogs, cats, rabbits, llamas and even a moose
- Four hundred animals were helped last year.
- Collins' technology is now being used in Canada and around the world in Australia, Chile, Germany, The Netherlands, Sweden, Switzerland and the U.S. You can find out more at

k-9orthotics.com



New careers can be taxing

"Aside from learning a new job or finding a place to live, starting your career means thinking about taxes," explains Cleo Hamel, a senior tax analyst at H&R Block Canada (hrblock.ca). "Making good decisions now can make things easier at tax time, as well as help plan for the future."

The payroll department requires an employee to complete a TD1 Personal Tax Credits Return form. It asks basic questions and determines the amount of federal and provincial tax to be withheld from your paycheque. "Most employ-ees fill out a TD1 form once, but if your tax situation changes you should update that form," says Hamel. "It could reduce your paycheque deductions."

Young Canadians may have extra job-related expenses such as new office clothes and dry cleaning. While these expenses are not a tax deduction, anyone with employment in-



can have a significant impact on your taxes

come can claim the Canada Employment Amount. which means about \$157 in tax savings.

Employees should keep track of their health-care premiums. Even with an employer benefit plan, many employees pay a monthly amount to fund the program. This can be claimed as a medical expense. The annual payment should be included on your last pay stub of the year. **NEWS CANADA**

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Write way to fight fright

• Studies show that a quick free-write before a major test can be the difference between stress and success

A simple writing exercise can relieve students of test anxiety and may help them get better scores than their less anxious classmates, a new study has found.

The report, published in the journal Science, says students who spend 10 minutes before an exam writing about thoughts and feelings can free up brainpower previously occupied by testing

worries and do their best work.

"We essentially got rid of this relationship between test anxiety and performance," said Sian Beilock, an associate pro-fessor in psychology at the University of Chicago and co-author of the study with graduate student Gerardo Ramirez.

Psychologists, educators and parents have known for a long time that the way students perform on a test does not necessarily indicate what knowledge they bring to the table. Test anxiety is fairly common in classrooms, especially in the United States because of its "increasingly test-obsessed culture, Beilock said.

Test anxiety can lead to poorer grades and lower on standardized tests and college entrance exams, which can con-demn talented students to inferior colleges.

The University of Chicago researchers found that students who were prone

to test anxiety improved their test grades by nearly one grade point - from a Bminus to a B-plus, for example – if they were given 10 minutes before an exam to write about their feelings.

The researchers tested their hypothesis with college students in a lab setting and with high school students in the classroom, by first gauging the level of test anxiety and then offering the writing intervention to some students

The researchers believe worrying competes for computing power in the brain's "working," or brain's "working," or short-term, memory. If working memory is focused on worrying, it can't help a person recall all the information his brain stored in preparation for the test. It also affects the working memory's ability to stay focused.

Beilock said the idea for the writing exercise came from the use of writing to combat depression.

Expressive writing, in

which people write repeatedly about a traumatic or emotional experience over several weeks or months, has been shown to decrease worrying in people who are depressed.

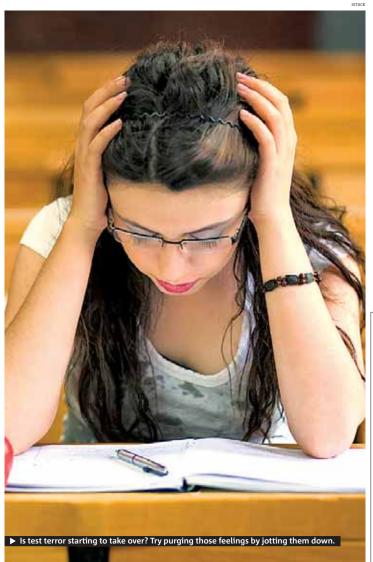
Beilock believes this re-

search is applicable to all kinds of performance anxiety - from giving a speech to interviewing for a job. "There's a lot we can do

to change how we think about the pressures and thus how we perform," she

The next stage of the research project, which is supported by a grant from the National Science Foundation, will involve a look inside the anxious brain to see how it changes during stressful situations. Beilock said.

She also hopes to develop more interventions to help people perform better during stress. Her lab is looking at how awareness of stereotypes affect the way people perform, such as women and math phobias. THE ASSOCIATED PRESS



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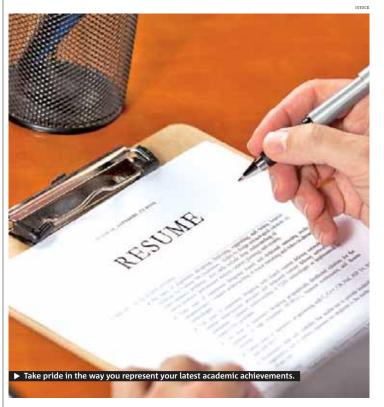
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Make sure your resumé leads the reader where you want to go in the interview and to stimulate a productive discussion. Feature your selling points and don't devote lots of space to information that is irrelevant to the job you're

Use the "big" and save the "little."

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Remember: You are the product and you must create a document that powerfully communicates the value of that product. If you "tell it," you are simply stating facts. If you "sell it," you promote it, advertise it and draw attention



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Jets' play lives up to trash talk

Antonio Cromartie made it clear he couldn't stand Tom

Brady won't be too fond of the New York Jets cornerback after this one, either.

Following a week of ash-talking, Cromartie trash-talking, and the Jets defence shut up in time to shut down the New England Patriots and their star quarterback in last night's 28-21 victory that sent New York to the AFC championship for the second straight season.



Coach Rex Ryan said it would be different from the Jets' last visit to Gillette Stadium, a 45-3 shellacking.

He was right. And his defence got the job done.

The Jets swarmed Brady, with five sacks and one interception — his first since Week 6. The Jets defence kept the Patriots from making many big plays.
Cromartie sealed the vic-

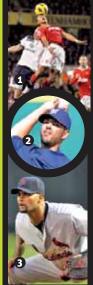
tory by recovering the Patriots' onside kick after New England made it 21-14 and returning it to the 25. He then put his finger up to his lip as if to shush the already-silent crowd.

Two plays later, Shonn Greene scored on a 16-yard touchdown run.





Sports in brief



United held Tottenham to a 0-0 draw

Reliever Carlos Villanueva and the Toronto Blue Jays agreed to \$1.415-million US, one-year contract.

Albert Pujols' agents have said they will cut off talks with the Cardinals at the start of spring training if an agreement is not in place. THE ASSOCIATED PRESS



Sens can't hold on in clash of capitals

Ottawa has now lost eight of last nine games O Caps' Neuvirth solid in just second start since Dec. 23



CAPITALS

John Carlson and Brooks Laich scored in a 45-second span in the third period to help the Washington Capitals rally for a 3-1 victory over the Ottawa Senators yester-

Ot. day. The victory ended Washington's three-game losing streak and moved the Capitals into a tie with Tampa Bay for first place in the Southeast Di-

Jason Chimera scored Washington's other goal, later in the third period, and goalie Michal Neuvirth finished with 22

The Capitals trailed for most of the game after Mike Fisher gave Ottawa a quick lead with his goal just 72 seconds into the contest. He scored after Washington couldn't clear a loose puck from in front of Neuvirth.

Both teams have had problems scoring lately, and those troubles continued in this game. The Senators scored only 16 goals in their last nine games and were ranked 29th in scoring coming in.

Capitals scored three goals or fewer in their last 10 games and didn't create many scoring chances until the third period.

THE ASSOCIATED PRESS



Bears pounce on Seattle early

Jay Cutler ran for two touchdowns, threw for two more, and the Chicago defence manhandled Seattle early for a 35-24 victory yesterday, lifting the Bears into the NFC championship game against their archrivals, the Green Bay

Packers. The Bears (12-5), who edged the Packers for the NFC North title, will host the title game next Sunday their first meeting in



SEAHAWKS

the post-season since 1941 Chicago leads the NFL's longest series 92-83-6, and each team won at home this season.

THE ASSOCIATED PRESS



Sports in brief

Reds ink Votto, says source

MLB. A person familiar with negotiations tells The Associated Press that the Cincinnati Reds and NL MVP Joey Votto have agreed to a \$38-million US, three-year contract.

The person spoke vesterday on condition of anonymity because the

deal has not yet been announced. THE ASSOCIATED PRESS

Former Raiders coach files grievance

NFL. Former Oakland Raiders coach Tom Cable has filed a grievance to recover \$120,000 US that the team fined him during the final year of his contract. The story was first reported by ESPN. THE ASSOCIATED PRESS

NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GΑ	Pts	Home	Away	Last 10	Strk
d-Philadelphia	45	29	11	2	3	155	120	63	13-6-0-2	16-5-2-1	7-3-0-0	W2
d-Tampa Bay	46	26	15	3	2	137	148	57	13-4-1-1	13-11-2-1	4-5-0-0	L2
d-Boston	44	24	13	2	5	132	101	55	11-8-1-2	13-5-1-3	5-2-1-2	L1
Pittsburgh	46	28	14	2	2	146	109	60	14-9-1-0	14-5-1-2	4-4-0-2	W2
Washington	46	25	14	4	3	131	121	57	16-5-2-3	9-9-2-0	5-2-2-1	W1
NY Rangers	47	26	18	2	1	132	115	55	11-10-1-1	15-8-1-0	5-4-1-0	L2
Montreal	45	25	17	3	0	112	107	53	15-6-3-0	10-11-0-0	5-4-1-0	W1
Atlanta	47	22	18	3	4	143	151	51	11-9-1-2	11-9-2-2	3-6-1-0	L4
Carolina	44	22	16	2	4	135	135	50	11-7-1-1	11-9-1-3	6-2-2-0	W1
Florida	43	21	20	1	1	119	113	44	11-8-1-1	10-12-0-0	5-3-1-1	W3
Buffalo	44	19	20	5	0	121	131	43	10-11-1-0	9-9-4-0	5-4-1-0	L1
Toronto	44	18	21	2	3	114	132	41	9-10-2-2	9-11-0-1	5-4-0-1	L2
Ottawa	46	17	23	4	2	102	142	40	9-13-1-1	8-10-3-1	3-6-0-1	L2
NY Islanders	43	14	22	3	4	106	143	35	8-8-1-3	6-14-2-1	5-4-0-1	W1
New Jersey	44	12	29	2	1	85	138	27	7-13-1-1	5-16-0-0	3-6-2-0	L1

WESTERN CONFERENCE

	GF	vv	_	OIL	JL	Or.	UM	rts	Home	Hivay	rast To	Jun
d-Vancouver	45	29	10	3	3	149	109	64	15-3-1-2	14-7-2-1	7-2-0-1	L1
d-Detroit	45	28	11	4	2	157	131	62	14-5-3-1	14-6-1-1	6-2-1-1	W1
d-Dallas	45	27	13	1	4	133	118	59	14-6-1-3	13-7-0-1	6-3-0-1	W4
Phoenix	45	23	13	6	3	132	126	55	10-5-3-2	13-8-3-1	7-1-1-1	W4
Nashville	45	24	15	4	2	119	109	54	11-4-3-2	13-11-1-0	7-3-0-0	L1
Chicago	47	25	18	2	2	150	130	54	16-11-0-0	9-7-2-2	5-4-0-1	W1
Colorado	45	23	16	6	0	148	143	52	12-8-3-0	11-8-3-0	4-4-2-0	W1
Anaheim	47	24	19	2	2	126	133	52	16-7-0-1	8-12-2-1	6-4-0-0	L1
Los Angeles	44	24	19	1	0	132	113	49	15-8-1-0	9-11-0-0	3-7-0-0	W1
Minnesota	45	22	18	1	4	113	127	49	11-11-0-2	11-7-1-2	6-4-0-0	W1
San Jose	46	22	19	4	1	132	131	49	11-10-2-1	11-9-2-0	2-8-0-0	W1
St. Louis	44	21	17	2	4	119	128	48	14-8-0-2	7-9-2-2	4-5-0-1	W1
Columbus	45	21	20	3	1	118	142	46	12-10-0-1	9-10-3-0	4-5-1-0	L1
Calgary	45	20	20	1	4	122	132	45	11-8-0-1	8-12-1-4	6-2-0-2	W2
Edmonton	43	14	22	1	6	110	148	35	7-11-1-2	7-11-1-3	2-7-0-1	L1

SI GE GA Die

d — division leaders ranked 1.2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results Yesterday's results
Washington 3 Ottawa 1
Minnesota 4 Vancouver 0
Philadelphia 3 N.Y. Rangers 2
Chicago 6 Nashville 3
Edmonton at Anaheim
Saturday's results
Calcany 2 Tempton 1 (SD) Calgary 2 Toronto 1 (SO) Montreal 3 N.Y. Rangers 2 Los Angeles 5 Edmonton 2 Carolina 6 Tampa Bay 4 Dallas 6 Atlanta 1 Detroit 6 Columbus 5 (OT) Florida 3 New Jersey 2 (OT)

Nashville 3 Chicago 2 (SG N.Y. Islanders 5 Buffalo 3 Phoenix 6 Anaheim 2 Pittsburgh 3 Boston 2 San Jose 4 St. Louis 2 Tonight's games (All times Eastern)

Nashville 3 Chicago 2 (SO)

Carolina at Boston, 1 p.m. New Jersey at N.Y. Islanders, 1 p.m. San Jose at Phoenix, 4 p.m. Calgary at Montreal, 7:30 p.m. Atlanta at Florida, 7:30 p.m Los Angeles at Dallas, 8:30 p.m.

CAPITALS 3, SENATORS 1

First Period
1. Ottawa, Fisher 12 (Foligno, Shannon) 1:12 Penalty - Kuba Ott (hooking) 1:39. Second Period

No Scoring. **Penalty** — Backstrom Wash (hooking) 10:34.

Third Period 2. Washington, Laich 9, 7:15 3. Washington, Carlson 5 (Backstrom) 8:00

(pp) 4. Washington, Chimera 6 (Steckel, Alzner) 13:31

Penalties — Michalek Ott (cross-checking) 7:58, Green Wash (interference) 19:27. Shots

Ottawa Washington Goal — Ottawa: Elliott (L,12-16-5); Washington: Neuvirth (W,15-6-4). Power plays (goalschances) — Ottawa: 0-2; Washington: 1-2.
Att. — 18,398 (18,398) at Washington.

WILD 4. CANUCKS O

First Period

No Scoring. **Penalties** — Alberts Vcr (high-sticking) 5:21, Volpatti Vcr. Staubitz Min (fighting) 9:51. Second Period Minnesota, Brunette 11 (Bouchard, Mietti-

nen) 3:31 (nn) nen) 5:31 (pp)
2. Minnesota, Havlat 11, 11:09
Penalties — Miettinen Min (interference)
0:59, Hamhuis Vcr (tripping) 1:46, Ballard Vcr,
Kobasew Min (fighting) 6:07.

Third Period 3. Minnesota, Cullen 9 (Brodziak, Schultz) 3:37 4. Minnesota, Madden 6 (Kobasew, Cullen)

9:17 **Penalties** — Madden Min (holding) 2:29, Schultz Min (interference) 5:06, Schultz Min (interference) 15:54, Torres Vcr (interference) 17:30.

Shots 7 10 15 11 8 6 Minnesota Goal — Vancouver: C.Schneider (1.8-2-2): Minnesota: Khudobin (W,1-1-0). **Power plays** (goals-chances) — Vancouver: 0-4; Minnesota:

1-3. Att. — 18.458 (18,064) at St. Paul, Minn

SCORING LEADERS

	G	Α	PT
Crosby, Pgh	32	34	66
Stamkos, TB	33	28	61
D.Sedin, Vcr	27	30	57
St. Louis, TB	19	37	56
H.Sedin, Vcr	9	46	55
B.Richards, Dal	18	34	52
Zetterberg, Det	16	34	50
Perry, Ana	23	26	49
Eriksson, Dal	16	32	48
E.Staal, Car	22	24	46
Kopitar, LA	16	30	46
Ovechkin, Wash	15	30	45
Sharp, Chi	25	19	44
Duchene, Col	18	25	43
Kesler, Vcr	24	18	42
Lidstrom, Det	11	31	42
Heatley, SJ	17	24	41
Byfuglien, Atl	16	25	41
J.Thornton, SJ	12	29	41
Briere, Pha	24	16	40
Iginla, Cal	18	22	40
Backstrom, Wash	11	29	40
Not including last night's g	ames		

GOLF

PGA SONY OPEN

At Honolulu Par 70 Third Round Mark Wilson Steve Marino Jimmy Walker Matt Kuchar Stuart Appleby Shigeki Maruyama 65-67-65—197 65-67-66—198 68-65-66—199 65-68-66—199 64-66-69—199 65-65-70—200 Roland Thatcher 67-65-68-200 Chris Rilev 66-69-66-201 68-67-66—201 68-66-67—201 68-65-68—201 65-68-68—201 Brendon de Jonge Davis Love III Matt Bettencourt Justin Rose 70-65-67-202 69-66-67-202 68-68-66-202 69-67-66-202 67-67-68-202 65-69-68-202 65-68-69-202 67-68-68-203 Ernie Els Ernie Els Rory Sabbatini Tim Clark Jason Day Chad Campbell Michael Connel Nate Smith Jeff Overton John Senden Anthony Kim Tag Ridings Kevin Na 71-65-67—203 71-64-68—203 68-67-68—203 67-67-69-203 Fredrik Jacobson Boo Weekley 68-66-69-203 68-66-69-203 Alex Prugh 70-67-66—203 67-68-69—204 Arjun Atwal Jerry Kelly 68-67-69-204

68-67-69-204 69-67-68-204 69-67-68-204 68-65-71-204 68-67-70-205 71-64-70-205 67-67-71-205 70-67-68-205 68-69-68-205 69-68-8205 68-68-70-206 66-70-70-206 Steve Stricke Cameron Beckman Jarrod Lyle Chris Kirk Chris Kirk
Daniel Summerhays
Chris DiMarco
Kevin Chappell
Colt Knost
Webb Simpson
Jonathan Byrd
Charlie Wi
WK Lippa 66-70-70-206 WC Liang Steven Bowditch Michael Sim 67-70-69-206 68-67-72-207 D.J. Brigman 70-66-71—207 Marc Leishmar Billy Mayfair 67-70-70-207 67-70-70-207 Brandt Jobe 67-70-70-207 68-69-70-207 73-64-70-207 69-68-70-207 69-67-72-208 69-67-72-208 70-67-71-208 68-69-71-209 68-69-72-209 Ryan Palmer Aaron Baddeley Brian Gay

Brian Gay John Merrick Jason Dufner Spencer Levin Matt McQuillan Jesper Parnevik Jason Bohn

Made cut but did not play Sunday
David Hearn 71-68—139

CROSS COUNTRY

WORLD CLIP

At Liberec, Czech Republic

Six x 1.6-kilometre Sprint (Classical Style) Six x 1.6-kilometre Sprint (Classical Style)

1. Norway I (Ola Vigen Hattestad, Johan
Kjoelstad), 21 minutes 47.1 seconds; 2. Sweden I (Jesper Modin, Mats Larsson), 4.4 seconds behind; 3. Norway II (Erlik Brandsdal,
John Kristian Dahl), 0:08.1; 4. France I (Jean
Marc Gaillard, Cyril Miranda), 0:09.6; 5. Russia
I (Andrey Parfenov, Alexander Panzhinskiy),
0:10.5; 6. Sweden II (Robin Bryntesson, Calle
Halfwarsson) 0:11 9: 7. Germany III (Dapiel Halfwarsson) 1:11 9: 7. Halfvarsson), 0:11.9; 7. Germany II (Daniel He un, Oliver Wuensch), 0:22.3; 8. Germany I (Se-bastian Eisenlauer, Josef Wenzl), 0:25.8; 9. Italy I (Fabio Pasini, Renato Pasini), 0:27.6: 10. Italy II (David Hofer, Fulvio Scola), 1:07.7.

Six x 1.3-kilometre Sprint (Classical Style) Six X L.3-kilometre Sprint (Llassical Style)

1. Norway I (Maiken Caspersen Falla, Marit
Bjoergen), 19:30.8; 2. Italy I (Magda Genuin,
Marianna Longa), 30.5 seconds behind; 3. Norway II (Kari Vikhagen Gjeitnes, Celine BrunLie), 0:43.6; 4. Finland I (Kerttu Niskanen, Pirjo
Michael Charle Carine (Orbita Gairneau) Muranen), 0:46.8; **5. Canada (Daria Gaiazova,** Banff, Alta., and Chandra Crawford, Canmore, Alta.), 0:51.6; 6. Sweden I (Hanna Brodin, Hanna Falk), 0:54.0; 7. Germany (Hanna Kolb, Denise Herrmann), 1:23.5

TENNIS

AUSTRALIAN OPEN

SHOW COURT SCHEDULES

At Melbourne, Australia Rod Laver Arena

Tamarine Tanasugarn, Thailand, vs. Maria Sharapova (14), Russia Caroline Wozniacki (1), Denmark, vs. Gisela Caroline Wozniacki (1), Denmark, vs. Gisela Dulko, Argentina Lukas Lacko, Slovakia, vs. Roger Federer (2), Switzerland Might Session Yanina Wickmayer (21), Belgium, vs. Jarmila Cesth, Australia

Groth, Australia Marcel Granollers, Spain, vs. Novak Djokovic

(3), Serbia Hisense Arena Thiemo de Bakker, Netherlands, vs. Gael

Monfils (12), France Andy Roddick (8), U.S., vs. Jan Haiek, Czech Renublic Venus Williams (4), U.S., vs. Sara Errani, Italy Justine Henin (11), Belgium, vs. Sania Mirza, India

Margaret Court Arena Arantxa Parra Santonja, Spain, vs. Francesca Schiavone (6), Italy Daniela Hantuchova, Slovakia, vs. Regina Ku-

likova, Russia Zuzana Ondraskova, Czech Republic, vs. Jele-

na Dokic, Australia Peter Luczak, Australia, vs. Ivan Ljubicic (17),

Croatia Night Session Rainer Schuettler, Germany, vs. Fernando Verdasso (9), Spain Court Two Lukasz Kubot, Poland, vs. Sam Querrey (18), 18

Li Na (9), China, vs. Sofia Arvidsson, Sweden Tomas Berdych (6), Czech Republic, vs. Marco Crugnola, Italy

Kathrin Woerle, Germany, vs. Victoria Azarenka (8), Belarus

Court Three
Evgeniya Rodina, Russia, vs. Olivia Rogowska, Australia

Mardy Fish (16), U.S., vs. Victor Hanescu, Romania Stanislas Wawrinka (19), Switzerland, vs.

Teymuraz Gabashvili, Russia Alison Riske, U.S., vs. Svetlana Kuznetsova (23), Russia

SKIING

MEN'S SLALOM

At Wengen, Switzerland

 Ivica Kostelic, Croatia, one minute 45.28 seconds (52.46-52.82); 2. Marcel Hirscher. Austria, 1:46.21 (52.37-53.84); 3. Jean-Baptiste Grange, France, 1:46.27 (52.49-53.78); 4. Michael Janyk, Whistler, B.C., 1:46.40 (54.06-52.34); 5. (tie), Benjamin Raich, Austria,

1:46.44 (52,97-53,47), and Mario Matt. Aus-1:46.74 (52.77-33.7), and mind movingly active (54.55-51.91); 7. Manfred Moelgg, Italy, 1:46.70 (53.63-53.07); 8. Cristian Deville, Italy, 1:46.74 (53.42-53.32); 9. Felix Neureuther, Germany, 1:46.75 (53.38-53.37); 10. Mattias

Hargin, Sweden, 1:46.87 (53.73-53.14). Also: 13. Brad Spence, Calgary, 1:47.00 (54.38-52.62)

World Cup Slalom Standings (after five races)

1. Ivica Kostelic, Croatia, 353 points; 2. Marcel Hirscher, Austria, 276; 3. Andre Myhrer, Sweden, 213; 4. Jean-Baptiste Grange, France, 182: 5. Benjamin Raich, Austria, 151: 6. Steve

102; 5. Benjamin Kaich, Austria, 151; 6. Steve Missillier, France, 131 Overall World Cup Standings (after 18 events) 1. Ivica Kostelic, Croatia, 726 points; 2. Aksel

1. Ivica Kostelic, Croatia, 726 points; 2. Aksel Lund Svindal, Norway, 511; 3. Silvan Zur-briggen, Switzerland, 469; 4. Benjamin Raich, Austria, 434; 5. Michael Walchhofer, Austria, 433; 6. Didier Cuche, Switzerland, 423; 7. Mar-cel Hirscher, Austria, 419; 8. Carlo Janka, Switzerland, 415; 9. Ted Ligely, U.S., 408; 10. Romed Baumann, Austria, 385

SOCCER

ENGLAND

PREMIER LEAGUE

	Man United	21	12	9	0	44	20	45
:	Man City	23	13	6	4	37	19	45
	Arsenal	22	13	4	5	45	22	43
	Chelsea	22	11	5	6	38	19	38
:	Tottenham	22	10	7	5	31	25	37
	Sunderland	23	8	10	5	26	23	34
	Bolton	23	7	9	7	34	31	30
	Stoke	22	9	3	10	28	26	30
	Newcastle	22	8	5	9	35	32	29
	Blackpool	21	8	4	9	31	36	28
	Blackburn	23	8	4	11	29	37	28
:	Everton	22	5	11	6	25	27	26
	Liverpool	22	7	5	10	27	31	26
	West Brom	22	7	4	11	29	41	25
:	Fulham	22	4	11	7	23	25	23
	Birmingham	21	4	11	6	21	26	23
:	Aston Villa	22	5	7	10	24	39	22
	Wigan	22	4	10	8	19	34	22
	Wolverhampton	22	6	3	13	24	38	21
	West Ham	23	4	8	11	22	41	20

Yesterday's results Birmingham 1 Aston Villa 1 Sunderland 1 Newcastle 1 Liverpool 2 Everton 2 Tottenham 0 Manchester United 0

GERMANY

BUNDESLIGA

Yesterday's results Eintracht Frankfurt 0 Hannover 3 Kaiserslautern 1 Cologne 1

ITALY

SERIE A

Yesterday's results Cagliari 3 Palermo 1 Brescia 2 Parma 0 Catania 1 Chievo Verona 1 Cesena 0 AS Roma 1 Genoa 2 Udinese 4 Juventus 2 Bari 1 Lazio 1 Sampdoria 0 Lecce 1 AC Milan 1

SPAIN

LA LIGA

Yesterday's results Valencia 2 Deportivo La Coruna 0 Almeria 1 Real Madrid 1 Barcelona 4 Malaga 1

FRANCE

LIGUE1

Yesterday's result Marseille 2 Bordeaux 1

LACROSSE

NLL

EAST	DIV	SIO

	GP	W	L Pct.	GF	GΑ	GB					
Toronto	2	2	01.000	25	16	_					
Boston	2	2	01.000	20	13	_					
Rochester	2	1	1.500	20	22	1					
Buffalo	2	1	1.500	18	16	1					
Philadelphia	2	0	2.000	12	19	2					
WEST DIVISION											

	GP	W	L Pct.	GF	GΑ	GB
Calgary	3	2	1.667	30	28	_
Minnesota	2	1	1.500	26	19	1/2
Colorado	2	1	1.500	18	18	1/2
Washington	3	1	2 .333	30	39	1
Edmonton	2	0	2.000	14	23	11/2
WEEK TWO						

Saturday's results Boston 10 Edmonton 7 Buffalo 9 Philadelphia 6 Colorado 8 Calgary 7 Toronto 12 Rochester 9 Friday's result Minnesota 16 Washington 8

NBA

EASTERN CONFERENCE

	VV	L	PCt	GB	
d-Boston	30	9	.769	_	
d-Miami	30	12	.714	11/2	
d-Chicago	27	13	.675	31/2	
Orlando	26	14	.650	41/2	
Atlanta	26	15	.634	5	
New York	22	17	.564	8	
Indiana	16	21	.432	13	
Philadelphia	16	23	.410	14	
Charlotte	15	23	.395	141/2	
Milwaukee	14	23	.378	15	
Detroit	14	26	.350	161/2	
Toronto	13	27	.325	171/2	
Washington	11	27	.289	181/2	
New Jersey	10	30	.250	201/2	
Cleveland	8	32	.200	221/2	

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	34	6	.850	_
d-L.A. Lakers	30	12	.714	5
d-Oklahoma City	27	13	.675	7
d-Utah	27	13	.675	7
Dallas	26	13	.667	71/2
New Orleans	25	16	.610	91/2
Denver	23	16	.590	101/2
Portland	21	20	.512	131/2
Memphis	19	21	.475	15
Phoenix	17	21	.447	16
Houston	18	23	.439	161/2
Golden State	16	23	.410	171/2
L.A. Clippers	14	25	.359	191/2
Minnesota	10	31	.244	241/2
Sacramento	9	29	.237	24

d-division leader

Yesterday's results
L.A. Clippers 99 L.A. Lakers 92

Denver at San Antonio Saturday's results Houston 112 Atlanta 106 New Orleans 88 Charlotte 81 Washington 98 Toronto 95 Detroit 110 Sacramento 106

Detroit 110 Sacramento 100 Chicago 99 Miami 96 Memphis 89 Dallas 70 Orlando 108 Minnesota 99 Denver 127 Cleveland 99 Portland 96 New Jersey 89

Today's games (All times Eastern) Chicago at Memphis, 1 p.m. Phoenix at New York, 1 p.m. Utah at Washington, 1 p.m. Charlotte at Philadelphia, 2 p.m. Milwaukee at Houston, 3 p.m. Toronto at New Orleans, 3 p.m. Ioronto at New Orleans, 3 p.m. Indiana at L.A. Clippers, 3:30 p.m. Dallas at Detroit, 3:30 p.m. New Jersey at Golden State, 4 p.m. Sacramento at Atlanta, 4 p.m. Orlando at Boston, 8 p.m.
Minnesota at Portland, 10 p.m.
Oklahoma City at L.A. Lakers, 10:30 p.m.

SCORING AVERAGE

	G	FG	FT	PTS	AVG
Durant, OKC	36	341	281	1026	28.5
Stoudemire, NYK	39	376	255	1015	26.0
Ellis, GOL	39	372	188	1001	25.7
James, MIA	40	347	266	1015	25.4
Bryant, LAL	41	363	254	1036	25.3
Wade, MIA	40	349	268	1003	25.1
Not including last	night	t's ga	mes		

NFL

DIVISIONAL PLAYOFFS

N.Y. Jets 28 New England 21 NFC

Chicago 35 Seattle 24 Saturday's results AFC

Pittsburgh 31 Baltimore 24

Green Bay 48 Atlanta 21

CONFERENCE CHAMPIONSHIPS Sunday, Jan. 23 (All times Eastern) Green Bay at Chicago, 3 p.m. N.Y. Jets at Pittsburgh, 6:30 p.m.

THE BEST THING TO SINCE **OUR LAST**

NEW Crossword and Suduko updated daily.





15

20 21

24

28

37 38 39

47

49

32

Crossword

1 Flightless flock 5 Discoverer's call 8 Impale

12 About 2.2 pounds

14 Operatic solo

15 Interweave

16 Covers 17 Remuneration

18 Andean pack 20 Sacred sona

23 Line of fashion?

24 "Zounds!"

25 Become twisted 28 Angry dog's

sound 29 South African

statesman Jan

30 Sphere 32 Ugandan city on

Lake Victoria 34 Stereo forerunner

35 Love god

36 Undressed

37 Some kind of a nut

40 Charged bit 41 Stench

42 Interlude during a

play 47 Dalai –

48 Faith

49 Prayer ending 50 Scale member

51 Lip

1 — out a living 2.60 sec.

5 Unrestrained indul-

3 Last (Abbr.) 4 Lathered

gence 6 Actor Holbrook

26 Cranny 7 Brunch entree counterpart

8 Deli meat 9 Spruce up 10 Verdi opera 11 Low voice

13 Summertime pest 19 Rules and regulations

20 "Little Women" 21 Shrek, for instance

22 Mountain lake 23 Ignores 25 Shelters among

vines

27 Sea eagle 29 Withered 31 Physique,

42 43

48

50

13

29

33

slangily 33 Iran's capital 34 Cope

36 Seaweed used to wrap sushi 37 Soda pop flavor 38 Leading man? 39 A handful

40 "— have to do" 43 Ultramodern (Pref.)

44 Spanish hero El 45 Dress

46 Away from WSW

➤ Yesterday's answer

16

34

36

40

30

31

45 46

18 19

Sudoku

S 58					5	4		16
			4	1		9		
3	4	2				8		
1			9		6		5	
	2						7	
	6		8		7			4
		5				7	8	2
		9		5	8			
		8	3					

How to play

Today

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Vactorday's	answer >

-14°/-16°

1	3	8	12	5	4	9	6	1
7	5	2	9	6	8	1	3	4
6	4	9	3	1	7	2	5	8
3	9	4	1	8	2	6	7	5
8	1	6	7	9	5	4	2	3
5	2	7	4	3	6	8	9	1
9	8	3	6	7	1	5	4	2
4	7	1	5	2	9	3	8	6
2	6	5	8	4	3	7	1	9

Tuesday

** 0°/-10° ** Light snow

70%

. .

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

keysandstrings, There was always been you. I love you for who you are, and not for you use to be. I miss you so much more and more each day, my guardian angel.

LOVELOTS, LIL_FOUNDLING

Honey Bunny you're The One!! Happy Birthday! It's All Good! SOMEDAY, RLK

Donnie with a ie, missing you so very much and i want to let you know that i would cross a entire world for you, put a smile on your handsome face and always hold you in my heart. Always your BRANDY ROSE!

Ma chérie: One day someone taught me that, 365 days is a year, 60 minutes is an hour, and 60 seconds is a minute, But no one told me that a second without you is eternity.

IT'S LIKE HAVING A
METEOROLOGIST LIVING IN
YOUR POCKET.
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Today's horoscope

T Aries March 21-April 20 Forget about the rules and ignore what other people say is the "right" way to act – the only thing that should matter to vou is results.

¥ Taurus Anril 21-May 21

If you make an effort to reach out to others today they will make an effort to do things for

II Gemini May 22-June 21

Good fortune will come your way and no doubt it is well deserved. By all means enjoy vourself but don't lower vour sights and be satisfied with less than you are capable of.

Gancer June 22-July 22 The more you have done for others the more others will now do

for you. Today's Sun-Uranus link will bring the kind of unexpected development that makes you glad to be alive.

tend that you are shocked by what you see and hear today when you knew it was going to happen. In a way you secretly hoped that certain individuals might behave outrageously.

My Virgo Aug. 24- Sept. 22 Anyone who tries to impose restrictions on you must be told in no uncertain terms that you will not be limited by their ideas of how you should be-

← Libra Sept. 23-Oct. 23 YOU

change your ways to some-

Ω Leo July 23-Aug.23 Don't pre-

have you own way of doing

things and if you should stick to it no matter how hard others try to persuade you to

thing more "modern".

For today's crossword answers and for

expanded horoscopes, go to metronews.ca

M Scorpio Oct. 24-Nov. 22 You will be a lot more sociable today and that's good because the more you get out and about the happier you are likely to be. There's a great party going on somewhere.

Nov. 23-Dec. 21 You may be tempted to do something outrageous to get yourself noticed but is that such a good idea? Yes it is. In fact it's a brilliant idea

り Capricorn Dec. 22-Jan. 20 The last few weeks have been special for you but what happens today will top it with ease. You may still have work to do but don't neglect your

--- Aquarius Jan. 21-Feb. 18

The Sun's entry into your birth sign later in the week marks the start of a more positive phase, one in which so many of your dreams will come true. In the meantime, stay alert for new opportunities. Expect the

H Pisces Feb. 19-March 20 Act on impulse today. Do something on the spur of the moment. Not only will you enjoy yourself but you will impress important people with your can-do attitude.

SALLY BROMPTON



You WIN! write it! Write a funny cap-

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